

NY Project Hope

Coping with COVID



Feeling stressed or overwhelmed?

NY Project Hope Crisis Counselors are now offering **virtual weekly group sessions** to talk it out, just for students! Log on and connect with counselors on Google Meet.



**Wednesdays
at 4:00 pm**

***ages 12 and up**

Google Meet Code: zbs-gkhhb-jca

Helpline: 855-818-HOPE (4673)

*Free, anonymous
and confidential!*

